

PREVENTING THE SPREAD OF SWINE FLU

Advice for SPSV operators from the HSE Swine Flu information service supported by the Commission for Taxi Regulation



Here you will find some useful preventing measures to help you minimise the risk of spreading or getting the Swine Flu during this autumn/winter season.

The new flu virus can spread quickly from person to person through tiny drops in coughs and sneezes. If you are close to a person with flu you can breathe them in and become infected. Droplets can also be passed from surfaces like door handles and hand rails.

PREVENTING THE SPREAD OF SWINE FLU

- ▶ Avoid close contact with people who appear unwell and have fever and cough
- ▶ Always carry tissues
- ▶ Always cover your nose and mouth with clean tissues, when coughing or sneezing
- ▶ Always dispose of used tissues into a bin immediately
- ▶ Wash your hands thoroughly with soap and water or alcohol-based hand cleaners regularly
- ▶ Clean surfaces regularly to get rid of germs

What you can do when driving your vehicle

- ▶ Cover your nose and mouth with a tissue when you cough or sneeze.
- ▶ Keep a plastic bag with you in your vehicle for used tissues. Throw the bag into a garbage bin when it is convenient.
- ▶ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- ▶ Keep a supply of alcohol-based hands cleaners or tissue-wipes in your vehicle and use them to wipe your hands – especially after each fare where you may have handled another person's credit card, money, shopping bags, luggage etc.
- ▶ Clean the vehicle microphone and radio terminal using your alcohol wipes at the start and end of your shift.
- ▶ If a passenger sneezes in your vehicle or appears to have flu symptoms, use your alcohol wipes to wipe the area the passenger has been using.
- ▶ Avoid touching your eyes, nose or mouth. Germs spread that way.
- ▶ If you get sick, stay home from work and limit contact with others to avoid infecting them.



Further information is available from the HSE Flu Information Line.

The Flu Information Line is available 24 hours a day and is your primary source of information on Swine Flu 2009.

Freephone 1800 94 11 00 or visit www.swineflu.ie